



March 2002 Vol. 1 Issue 2

Did You Know ?

O&C Bldg., Room 1103

Hours of Operation:

Monday - Friday

7:00 am - 5:00 pm

Phone 321-867-7497

Fax 321-867-1144

RehabWorks is a free on-site musculoskeletal rehab service for badged KSC and CCAFS employees with a work, non-work or sports-related injury. Prompt treatment for injuries. Checkout our Web page.

In Next Month's Issue

Exercise and Chronic Disease Factors

Learn more about how you can safely exercise with such chronic diseases as diabetes, asthma and arthritis.

Web Links

The Last Page of the Internet!

<http://www.1112.net/lastpage.html>

Injury Prevention & Treatment for the Baby Boomer

<http://www.boomer-itis.com/>

National Athletic Trainers' Association

<http://nata.org>

National Coalition for Promoting Physical Activity

<http://ncppa.org>

From The Supervisor

This month we celebrate Athletic Training Month along with ATCs across the United States. From high schools to colleges, clinics and corporate/industrial settings, athletic trainers are caring for the physically active.

This year's motto, **"Prevention: Avoid Injury – Stay Active"** highlights the need for a proactive approach to injury prevention.

Increased awareness of the dangers of decreased physical activity has only recently come to light. The 1996 Surgeon General's Report on Physical Activity reveals that more than 60% of adults do not achieve the recommended amount of physical activity and only 19% of all high school students are physically active for 20 minutes or more in physical education classes every day during the school week. Numerous disease factors such as diabetes, hypertension, coronary artery disease, low back pain and osteoporosis can be prevented or improved through regular physical activity.

My challenge to you is to take a closer look at the proactive, preventative measures you are or could be taking to prevent injury and promote health. If your child does not have an ATC currently at his or her school to provide injury prevention and treatment, ask why. Educate yourself on cardiovascular, muscular and systemic health topics via the numerous outstanding websites available today. And don't forget to make use of the valuable on-center resources like Occupational Health, the Fitness Centers and RehabWorks with any questions that you might have. Enjoy this second issue of Athletic Training Times, and when you see an ATC this month, tell him or her thanks and congratulations!

Sincerely,

Mary K. Kirkland, MS, ATC/L, CSCS

WEBSITE: <http://rehabworks.ksc.nasa.gov>

RehabWorks Tips

It's injury season again, I mean... Softball Season!

By Joe Santillo - RehabWorks Intern

All over the United States of America, people are anticipating a change and that change is spring. And what does spring really mean to Floridians? The start of softball season! Each year thousands of individuals prepare for the start of the new season. But with the start of softball season, comes a rise in injuries. This article will give you the steps necessary to follow to help reduce your risk of injury.

There are several different forces acting on the body to cause injury:

Shearing Force - Causes lacerations and abrasions to the extremities and chest.

Twisting Force - Most of the ligament sprains to the knee and ankle are caused by the ligament's inability to withstand the force being applied it. A twisting force will not only damage ligaments, but can also cause a bone to fracture.

Internal Force - This stress will cause the muscle tendon or muscle belly to tear (a strain). Forces exerted by ones own muscle can damage itself if the muscle is fatigued, not conditioned or not properly warmed up.

Blunt Force - Examples include contusions sustained from being hit by the ball or bat, or colliding with another player.

The majority of injuries that do occur in softball can be greatly reduced:

1. Inspect the field before the beginning of the game. Look for rocks, which may cause abrasions/lacerations when sliding, or large holes, which could cause an ankle sprain.
2. Sliding into base causes the majority of the injuries in the softball. Replacing a permanent base with a breakaway one is the single most important way of reducing the risk of injury.
3. Take the time to go through a preseason exercise program to help strengthen the muscles in your body, which prepares them for the long physically active season. The KSC Fitness Center (867-7829) has excellent handouts for softball preconditioning exercises.
4. Lastly, a good warm up will increase blood flow to the muscle preparing it for activity will help in preventing a muscle strain or tendinitis.

For more information on softball injuries and preventive measures, look for these websites:

1. The Institute for Preventative Sports Medicine http://www.ipism.org/publications/softball_injuries/index.asp
2. American Softball Association/United Softball Association
http://www.bollingerasa.com/gx_rm.asp



March is National Athletic Training Month, and RehabWorks would like to invite you to learn more about our profession and our program.

Stop by one of the cafeterias listed below

from **11:00 - 1:00**
in order to **"Ask the ATC"**.

The staff will be on hand to answer your injury prevention, treatment, and rehabilitation questions, or discuss your exercise and conditioning needs. Free rehabilitation handouts and physician referral forms will be available.

We look forward to seeing you there!

CCAFS - 3/5 & 3/28
SSPF - 3/7 & 3/26
MFF - 3/12/ & 3/19
O&C - 3/14
HQ - 3/21



The Athletic Training Room

Sports Injuries and Baby Boomers

While there may be no single fountain of youth, you can slow down the aging process by staying physically active. Regular exercise enhances muscle and joint function, keeps bones strong and decreases your risk of heart attack and stroke.

Here are some tips developed by the American Orthopaedic Society for Sports Medicine and American Academy of Orthopaedic Surgeons that can help you exercise safely:

Always take time to warm up and stretch before physical activity. Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.

Don't succumb to the "weekend warrior" syndrome. Compressing your physical activity into two days sets you up for trouble and doesn't increase your fitness level. Try to get at least 30 minutes of moderate physical activity every day. If you're truly pressed for time, you can break it up into 10 minute chunks. Remember that moderate physical activity can include walking the dog, gardening, playing with the kids and taking the stairs instead of an elevator.

Take lessons and invest in good equipment. Whether you're a beginner or have been playing a sport for a long time, lessons are a worthwhile investment. Proper form and instruction reduce the chance of developing an "overuse" injury like tendinitis or stress fractures. Lessons at varying levels of play for many sports are offered by local park districts and athletic clubs. Select the proper shoes for your sport and use them only for that sport. When the treads start to look worn or the shoes are no longer as supportive, it is time to replace them.

Listen to your body. As you age, you may find that you are not as flexible as you once were or that you cannot tolerate the same types of activities that you did years ago. While no one is happy about getting older, you will be able to prevent injury by modifying your activity to accommodate your body's needs.

Use the 10 percent rule. When changing your activity level, increase it in increments of no more than 10 percent per week. If you normally walk 2 miles a day and want to increase your fitness level, don't try to suddenly walk 4 miles. Slowly build up to more miles each week until you reach your higher goal. Also use the 10 percent rule as your guide for strength training and increase your weights gradually.

Develop a balanced fitness program that incorporates cardiovascular exercise, strength training and flexibility. In addition to providing a total body workout, a balanced program will keep you from getting bored and lessen your chances of injury.

The Athletic Training Room (cont'd)

Add activities and new exercises cautiously. No matter if you've been sedentary or are in good physical shape, don't try to take on too many activities at one time. It's best to add no more than one or two new activities per workout.

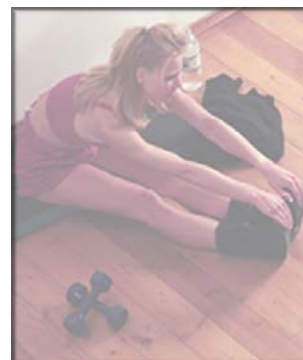
http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=147&topcategory=Wellness

If you have or have had a sports or orthopaedic injury like tendinitis, arthritis, stress fracture or low back pain, contact RehabWorks to help you design a fitness routine to promote wellness and minimize the chance of injury.

Ask The ATC

Q What are the current recommendations for exercise during pregnancy?

A The American College of Obstetricians and Gynecologists has made it official: Pregnant women should engage in 30 minutes or more of moderate exercise on most days. "We have learned that women can enjoy a much broader range of physical activity during pregnancy than was previously thought," said Dr. Raul Artal, professor and chairman of the department of ob-gyn and women's health at St. Louis University School of Medicine...



Doctors Suggest Exercise During Pregnancy <<http://www.intelihealth.com/IH/ihtIH/WSIHW000/333/344/345877.html>>

Intelihealth, 02/13/02

The RehabWorks Staff

Supervisor	Mary K. Kirkland, MS, ATC/L, CSCS
Assist. Athletic Trainer	Erik T. Nason, MS, ATC/L, CSCS
Medical Records Clerk	Amy L. Rembert
Supervising Physician	Arthur A. Arnold, MD



Managing Editor - Mary K. Kirkland, MS, ATC/L, CSCS





The National Athletic Trainers' Association (NATA) is proud to honor certified athletic trainers (ATCs) in March during National Athletic Training Month.

This year's theme is

"Prevention: Avoid Injury – Stay Active."

Participation in athletics is fun and good for you, but it can also result in injury. National Athletic Training Month – March 2002 is a time for people nationwide to learn about injury prevention and to put what they've learned into practice!

During March and all yearlong, the best way to deal with sports injuries is to prevent them! For more information on National Athletic Training Month, or to learn more about athletic training, visit:

www.nata.org



National Athletic
Trainers' Association

CERTIFIED ATHLETIC TRAINERS (ATCs)

Certified Athletic Trainers (ATCs) are dedicated to providing the best possible preventative care for today's active person. ATCs are educated and skilled in injury prevention, recognition, treatment and rehabilitation. In fact, they are often the first healthcare professionals on the scene when an accident or injury occurs. ATCs can be found in a variety of work settings, including secondary schools, colleges and universities, sports medicine clinics and hospitals, professional sports programs and corporate and industrial workplaces.